



# NMCPHC QUICK HITS

DECEMBER 2012

## NMCPHC Webinars -

The Navy and Marine Corps Public Health Center (NMCPHC) is now offering free monthly webinars on various health promotion and wellness (HPW) topics! Web-based seminars, or "webinars", are becoming an increasingly popular way to disseminate and receive information and it is easy to see why. Individuals can attend workshops or seminars covering an endless variety of topics from their workspace or the comfort of their own home. Additionally, as funding for training and travel decreases, webinars can be an inexpensive way to obtain continuing education credits.

Previous NMCPHC webinar topics have included:

- Maintaining Your Weight During the Holiday Season,
- Gearing Up for the Great American Smoke Out,
- World AIDS Day, and...
- Stages of Change: Assistance and Navigation for Others.

Each session was designed to provide health educators with tools and resources to tailor to their individual needs and share with their commands.

In January, we will be offering two healthy eating webinars: one again intended for health educators, and one geared towards Sailors, Marines and their families.

Webinars provide a forum that allows for the presentation of information, as well as active participation and collaboration. Participants are able to ask questions of the presenters and each other, as well as share ideas, stories and lessons learned. Individuals who have attended our past webinars have described them as "a great learning opportunity" and a helpful way to ensure "efforts and initiatives at all levels are integrated".

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Finally, webinars offer flexibility that traditional meetings and trainings cannot. All of our webinars are archived on our Healthy Living website, and include the audio portion and slide presentation.

Archived webinars are available on the NMCPHC website at:

<https://admin.med.navy.mil/sites/nmcphc/health-promotion/Pages/webinars.aspx> .

For more information on future NMCPHC webinars, please send an email to:

[webmaster\\_change@med.navy.mil](mailto:webmaster_change@med.navy.mil) and ask to register for our Friday Facts. We look forward to seeing you there!

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NMCPHC Homepage: [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/PAGES/HOME.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/PAGES/HOME.ASPX)

Population Health: [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/POPULATION-HEALTH/PAGES/DEFAULT.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/POPULATION-HEALTH/PAGES/DEFAULT.ASPX)



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